

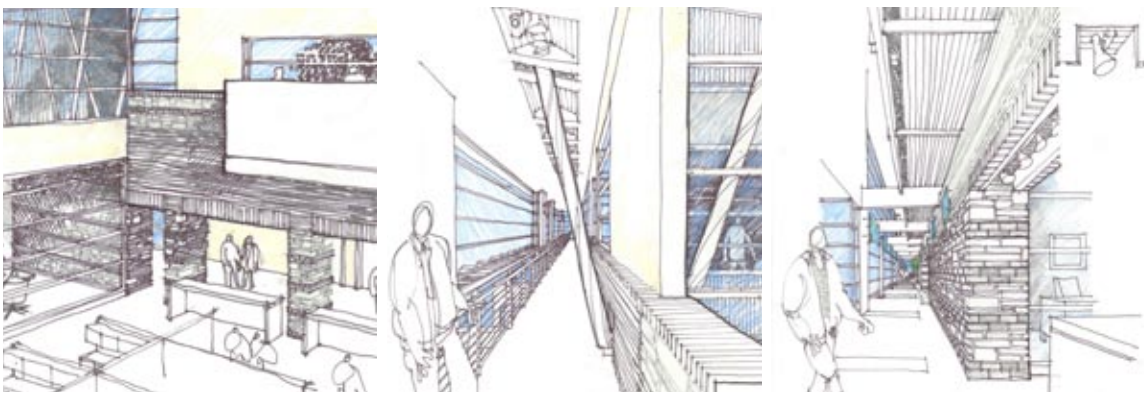
PLACE ARCHITECTURE BUILDING

East Main Street
Bozeman, Montana

GREEN

PLACE Architecture brings you news about the world of design and green living. This first newsletter is focused on GREEN. What is Green architecture? What is green living?

Throughout the year, we'll bring you fun information and educational data you can use in everyday life.



GREEN ARCHITECTURE

Local Sustainability

PORTAL, NORTH DAKOTA

The United States Border Port of Entry, designed by Place Architecture in Northern North Dakota, heats and cools itself in a brutal environment. Here are a few facts about this unique, green, sustainably designed building:

- * Located in area in United States having 210 days below freezing.
- * A LEED registered building using several sustainable principles in its design.
- * An innovative solar street is capable of providing 30% of the building's heating requirements. Solar street is a passive solar system.
- * A unique storm water system directs all roof drainage away from driving and walking areas into a natural system of bioswails and collecting ponds eliminating need for dimensional storm water systems.
- * Building siting and roof forms direct the ever present wind away from staff and driving areas to optimize comfort and minimize maintenance costs associated with snow removal.
- * Large areas of glass provide a sense of welcome and transparency appropriate to this "Portal" into the United states. These glass areas are functional in energy productivity and day lighting.

FOR MORE INFORMATION:
www.usgbc.com

GREEN ARCHITECTURE

LEED

LEED, an acronym for Leadership in Energy and Environmental Design, is a ranking system developed by the US Green Building Council (USGBC) that sets standards for sustainability in our industry and promotes responsible thinking. Before the creation of LEED, a broad range of projects and products referred to themselves as being “green” or “sustainable” with no standard set to define those terms.

LEED certifies buildings at four levels: Certified, Silver, Gold and Platinum. Each level represents the number of points achieved out of a total possible score in direct correlation with the number of design and building considerations that address sustainability in that particular project.

LEED does not apply strictly to new construction. Projects that can achieve certification are: Existing building operations (LEED-EB); Commercial interiors projects (LEED-CI); Core and shell projects (LEED-CS); Homes (LEED-H); Neighborhood development (LEED-ND); and new commercial construction and major renovation projects (LEED-NC).

A LEED certified building benefits from local and national recognition for creating a sustainable facility that draws attention to that project as a green precedent. Furthermore, many municipalities provide incentives for certification and, occasionally, governments require certification.

To begin the process of applying for a LEED certification for a building, you first must register the project with the USGBC. Once that initial process is complete, the design and construction teams must document the green practices and design features they intend to get credit for. These features are typically collected in a binder, which is then submitted to the USGBC for evaluation.

If you are interested in becoming LEED accredited, you need to take the accreditation exam. Anyone is eligible, but the majority of those who take the exam are architects and engineers. The exam is 73 questions long; 39 must be answered correctly. Exam topics range from how to implement green design to required documentation to get credit for specific points. Accreditation is only needed once, and no continuing education is currently required. However, LEED is still a relatively new system and there is a chance that continuing education may be required in the near future.

For more information about LEED visit www.usgbc.org. You may also call Place Architecture at (406) 586-0033 and speak to Lynne Riesselman or Mike Wiseman, both whom are LEED accredited.





GREEN LIVING

Sustainable Health

CONVENTIONAL VS. ORGANIC FARMING

The word organic refers to the way farmers grow, handle and process the foods we eat. Farmers who grow organic produce and meat don't use conventional methods to fertilize, control weeds or prevent livestock disease. For example, rather than using chemical weed killers, organic farmers conduct sophisticated crop rotations and spread mulch or manure to keep weeds at bay.

NATURAL DOESN'T EQUAL ORGANIC

You may see other terms on food labels, such as all-natural, free-range or hormone-free. These descriptions may be important to you, but don't confuse them with the term organic. Only those foods that are grown and processed according to USDA organic standards can be labeled "organic."

BUYING TIPS

- * Whether you are already a fan of organic foods or you just want to shop wisely and handle your food safely, consider these tips"
- * Buy fruits and vegetables in season to ensure the highest quality. Also, try to buy your produce the day it's delivered to market to ensure that you're buying the freshest food possible. Ask your grocer what day new produce arrives.
- * Read food labels carefully. Just because a product says it's organic or contains organic ingredients does not necessarily mean it's a healthier alternative. Some organic products may still be high in sugar, salt, fat or calories.
- * Don't confuse natural foods with organic foods. Only those products with the "USDA Organic" label have met USDA standards.
- * Wash all fresh fruits and vegetables thoroughly with running water to reduce the amount of dirt and bacteria. If appropriate, use a small scrub brush. - for example, before eating apples, potatoes, cucumbers or other produce in which you eat the outer skin.
- * If you are concerned about pesticides, peel your fruits and vegetable and trim outer leaves of leafy vegetable in addition to washing them thoroughly. Keep in mind that peeling your fruits and vegetables may also reduce the amount of nutrients and fiber. Some pesticide residue also collects in fat, so remove fat from meat and the skin from poultry and fish.

RECIPE

CREAMY ASPARAGUS SOUP

Dietitian's Tip: This soup is a good source of potassium, vitamins A and C, Iron, Folate, Magnesium, and Selenium. If you prefer, you can substitute broccoli for the asparagus.

SERVES 6

INGREDIENTS

- 2 cups potatoes, peeled and diced
- 1/2 pound fresh asparagus, cut into 1/4 inch pieces
- 1/2 cup chopped onion
- 4 stalks celery, chopped
- 4 cups water
- 2 tablespoons butter
- 1/2 cup whole-wheat (whole-meal) flour
- 1 1/2 cups fat-free milk
- Lemon zest, to taste
- Cracked black pepper, to taste

DIRECTIONS

- * In a large soup pot over high heat, combine the potatoes, asparagus, onions, celery and water. Bring to a boil. Reduce heat, cover and simmer until the vegetables are tender, about 15 minutes. Stir in the butter.
- * In a small bowl, whisk together the flour and milk. Pour the mixture slowly into the soup pot, stirring constantly. Increase the heat to medium high and continue to stir until the soup thickens, about 5 minutes. Remove from heat. Season with lemon zest and cracked black pepper to taste. Serve in warmed bowls.

FOR MORE HEALTHY LIVING RECIPES AND MORE INFORMATION ON GREEN LIVING:
www.mayoclinic.com

Contents taken from the above website.



THINK® BY STEELCASE

GREEN PRODUCT REVIEW

Think, is the chair with a brain and a conscience. It's intelligent enough to understand how you sit and adjusts itself intuitively. It's thoughtful enough to measure and minimize its lifelong impact on the environment. In fact, the Think chair is the first product to ever receive Cradle to Cradle™ Product Certification from McDonough Braungart Design Chemistry's (MBDC).

A FEW ENVIRONMENTAL FACTS:

- * Up to 99% recyclable by weight
- * Disassembly for recycling takes about five minutes using common hand tools (hammer, screwdriver, etc.)
- * Up to 44% recycled content
- * Think holds the NF Environment Label in France for environmental quality
- * Think is GREENGUARD Indoor Air Quality Certified

FOR MORE INFORMATION:

www.steelcase.com

search for the Think Chair

WHAT IS SUSTAINABILITY

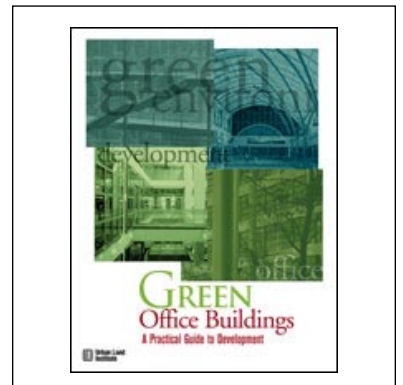
Simply stated, sustainability is the ability to endure. This applies to architecture, construction, farming, land development, forestry and a broad range of other interests and industries. Put in simple terms, sustainability is providing the best for people and the environment both now and in the indefinite future. In the terms of the 1987 Brundtland Report, sustainability is: "Meeting the needs of the present generation without compromising the ability of future generations to meet their needs." This is very much like the seventh generation philosophy of the Native American Iroquois Confederacy, mandating that chiefs always consider the effects of their actions on their descendants through the seventh generation in the future.

FOR MORE INFORMATION:

<http://en.wikipedia.org/wiki/Sustainability>

<http://www.iisd.org/>

<http://www.sustainable.org/>



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